



Vernon Senior Center's

Issue 4

April 2016

Senior Moments

Smiling Seniors

Monday, April 4th at 1:00pm.

Smiling Seniors program is an oral health presentation to provide education for older adults, that is fun and engaging.

The Smiling Seniors team uses visual aids and a "Wheel of Fortune" game to teach seniors about the importance of oral health.

The team focuses on the role of nutrition, medication and proper oral health and overall wellness.

Participants receive an oral hygiene kit which includes products designed for seniors.

This presentation is free.

Please call to register.



April Quotes

Sweet April Showers do
spring May flowers.

-Thomas Tusser



April is a promise
that May is bound to keep.

-Hal Borland

The staff at the Vernon
Senior Center would like to
wish you a safe
and happy April!

-Sela and Sue



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Senior Promenade Dinner Dance 2016

It's a Seniors Only Semi Formal at East Catholic High School, Manchester. Charity benefit for CT Parkinson's Disease Association - Rock Steady Boxing.

This dance is sponsored by Always Best Care Senior Services and October Kitchen Chef Service. There will be contests for best dressed and best dancers, also, door prizes and raffle prizes.

Any **Vernon seniors** interested in attending and would like bus transportation please call the Senior Center to sign up.

Saturday, April 16th from 4:00 - 7:00pm.

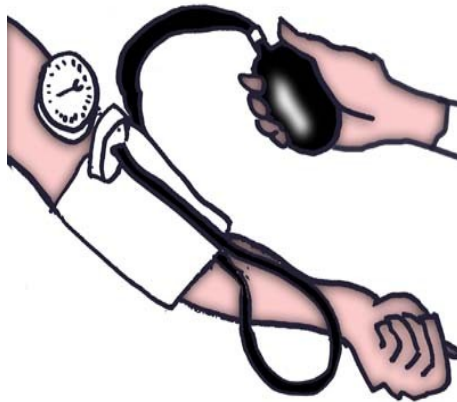
Cost is \$5.00 per person.



Health Programs

The next Blood Pressure and Blood Sugar Screening at the Center will be held on **Wednesday, April 13th**. The hours are from 9:00 am — 10:00 am.

Appointments are not necessary. A Visiting Nurse will be on hand to answer any questions that you may have.



The Hearing Screening : The next hearing screening will be held on **June 16th**. A representative from the Hearing Wellness Center will provide free hearing screenings, check hearing aides & will be available to answer your questions.

Other Healthy Activities



Walking Club: The Walking Club meets on **Mondays at 10:00am at Sacred Heart Church** to walk the rails to trails. This activity requires a higher fitness level & requires being able to walk 3 miles. If you are interested in joining, please call Carol Benoit at 860-454-7449.



Zumba Gold

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves! **Wednesdays at 1:00pm**. Payment is made to the instructor at the beginning of each class. First class is **Free!** Then it is **\$5.00** per class or **\$40.00** for a ten-class punch card.



Memberships

Please take the time to update your membership information sheet. You can pick up a membership sheet at the front desk.

A new form needs to be filled out **only if** there has been a **change** in address, phone numbers, or emergency contact information.

When you have completed the form please return it to the office.

Cards & Games

Bingo—Mondays at 1:00pm

Bridge— Fridays at 1:00pm

Canasta— Wednesdays at 1:00pm

Chess —Tuesdays at 9:30am

Cribbage—Wednesdays at 9:45am

Dominos -Tuesday at 1:00pm & Thursdays at 10:00am

Mah Jongg—Mondays at 9:30am, Thursdays at 1:00 pm

New to Dominos-Tuesday 10:00am

Pinochle-Tuesday & Thursdays at 12:45pm

Scrabble—Tuesdays at 1:00pm

Set Back— Friday at 9:45am

Wii Bowling—Fridays at 12:30pm



Other Opportunities

Wii Bowling: This activity is offered on **Fridays at 12:30pm**. Our team is known as the Vernon Alley Cats . If you are interested in learning how to play Wii bowling or would like to join us please stop by on Fridays & be part of the hooting and hollering. Go Cats.



Wii Shuffle Board:

We are looking for seniors who have an interest in learning how to play Shuffle Board on the Wii Game console.

If this sounds like fun to you, please let us know! You can call the Center or stop by.

Movie Matinee

Popcorn and a Movie: The Center is offering movie matinees! **Wednesday, April 6th at 1:00pm.**

The feature film is **San Andreas**. In the Wake of a cataclysmic California earthquake, a search and rescue chopper pilot and his ex-wife embark on a perilous journey from Los Angeles to San Francisco in hopes of saving their daughter.

On **Wednesday, April 20th at 1:00pm.**

The feature film is **Cinderella**. In this **live-action** retelling of Disney's animated classic, young Ella escapes from a life of drudgery by way of a fairy godmother whose magic brings Ella face-to-face with the prince of her dreams.

Rated: PG Runs: 105 mins

Rated: PG-13 Runs: 114 mins

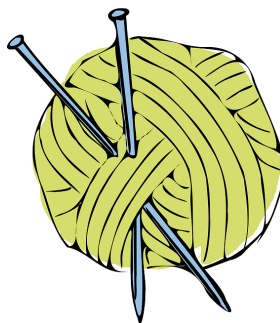
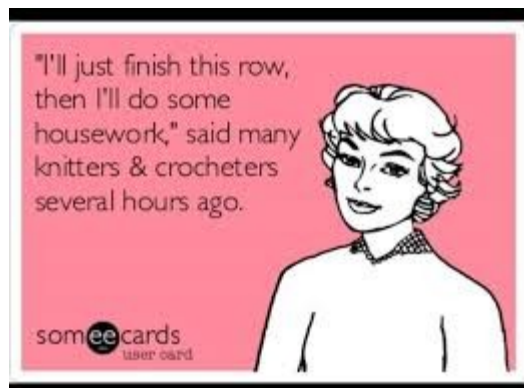


San Andreas

Cinderella

Please call the center to register for this program so we will know how much popcorn to pop!

Creative Goings On



Crochet & Knitting

Do you like to crochet or knit? We have a very active group & this activity now meets weekly. Come and join our knit and crochet group **Wednesdays at 10:00 am.**

All seniors are welcome. The group gets larger every month!



©Alex Hallatt



For the Sports Minded

Drop In Pool - Men's drop in pool is on **Wednesday & Friday afternoons at 1:00pm.** It doesn't matter if you are an avid player or a little rusty, all players are welcome. Come and join an afternoon of fun.

Ladies Pool - The ladies play pool on **Tuesday mornings at 10:00am.** Any senior lady who would like to join the group is welcome!



Transportation

Senior Car—The Vernon Senior Center offers rides to seniors for out of town medical and dental appointments. This service is for Vernon residents age 60 & older. You must be ambulatory. Call Sela at the Center to schedule a ride. Rides are available Monday-Friday between 9:00 am & 1:30 pm.

Senior Bus—Our senior bus shopping trips are weekly on Thursdays. The bus travels to Stop & Shop, Kmart & Price Chopper. There are pickups available at the Senior Housing complexes-Grove Court, Sacred Heart, Court Towers, Senior Center, Florence Mill, Windermere Court, Franklin Park, Pitkat Congregate Housing, & Welles Village.

Wal-Mart East Windsor— Friday, April 1st

Need a ride to any activity or program at the Center?
Contact Hockanum Valley Community Council 860 - 870-7940
Dial A Ride Services



Senior Center Library

Library books, movies and puzzles are available for seniors from our Senior Center Library. The Library is located on the second floor of the Center in a quiet, cozy corner. We have a wide variety of books on hand for your reading pleasure. Please feel free to come in and check out whatever may be of

interest to you. An added bonus is that you may return the items at your leisure.

All items have been donated.

We would like to thank all library volunteers for helping reorganize the books and puzzles. It looks better everyday!



When Returning Library Books...

If you are returning books to the library, or dropping off materials for donations, we ask that you **bring it to the library directly.**

If there is an event going on upstairs that you do not want to interrupt, please notify one of the staff members.



We have dedicated volunteers that put away all returned materials and keep the library looking neat and organized. They cannot do their job if books are lying around the center and in the wrong locations.

- Thank you for your cooperation

FYI

Parking At the Senior Center:

We, at the Senior Center, understand that parking can be difficult as we are offering more activities. Therefore, we ask, if possible, that you car pool.

Suggestion Box Your suggestions are always welcome. You will find the box on the table near the coffee on the 1st floor.



Age Requirement Change

The age requirement for **trips** has been changed to age 55 and older. For all other activities at the Center, **the age requirement remains at 60 or older.**

The Center offers day trips monthly so watch our calendar.

Brain Teasers

A.

STEP
STEP
STEP

B.

WEIGH
PRICED

C.

S **S**
I **I**
D **D**
E **E**

Upcoming Events at a Glance

The following is a listing of activities and programs for the upcoming month. Check the newspaper, the Town's website and the monthly newsletter for more details as these dates draw near.

May 4th - The Bee Happy Luncheon



May 11th - Shopping at Kittery Maine

May 16th - Greater Hartford Legal Aid Presentation

May 19th - Stroke Awareness Presentation

May 25th - Crazy Whist Pizza and Card Party

May 26th - AARP Safe Driving Course

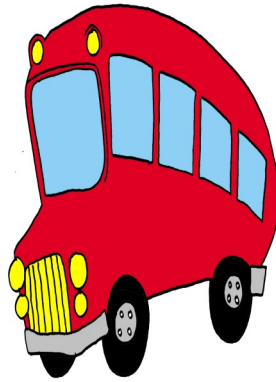


WalMart Bus Trip

The Center is offering a monthly trip on the Senior Center Bus to WalMart in East Windsor. The trip is scheduled for the first Friday of the month.

The next trip is on **Friday, April 1st**. The bus will pick up at the usual bus stops. If you have any questions, please contact the Senior Center.

Happy Shopping!



Other Activities

The “**Out to Lunch Bunch**” will meet on the first **Tuesday** of this month. Each month a restaurant is chosen. This month the “bunch” is going to **Kathy’s Playhouse** on **Tuesday, April 5th** at **1:00 pm**. Call now to sign up !

There are pickups available at the Senior Housing complexes -Franklin Park, Court Towers, Grove Court, Florence Mill, Pitkat Congregate Center, and Windermere Court.



Please call Sela or come to the Center to sign up for this fun day out with your friends.

Advisory Committee

The Senior Center Advisory Committee meets the 4th Tuesday of the month at 9:30 am.

The following are the present members: Jean Inge, Ron Kane, Joe Grabinski, William Tyler Sr., Patricia Iamonaco, Wes Shorts, John Mytych and Carole Slattery.



Their role is to bring suggestions to the Director regarding activities, programs and senior issues that the members would like to see happen at the Center or see addressed.

The next meeting is **Tuesday, April 26th** at **9:30am**.

What You Should Know

Need A Ride?

Let the Senior Car Driver bring you.

The senior car is for **out of town** dental or medical appointments.

This service is free and available to Vernon residents only, for 60 years and older.

You must be ambulatory.

You have to call the Senior Center to make the appointment for the senior car.



Signing In At the Senior Center:

It is really important that you remember to **sign in** with **both first & last names** and please **sign in clearly**. The Center uses the sign in sheets to determine activities and programs that we sponsor. By not signing in, we do not have an accurate number of participants. Your cooperation in this matter is greatly appreciated.

Foot Care Appointments Available!



The Senior Center offers Foot Care appointments. Specially trained Registered Nurses will provide a general assessment and then offer any necessary procedures for better foot health! It is essential that you schedule an appointment, so please contact the Center at 860-870-3680. The appointments fill up quickly so call as soon as possible. **Cost \$29. Call now for a list of the next available appointments.**



Senior Book Club

The Senior Book Club will be meeting on **Thursday, April 21st** at **10:00am**.

April's pick is "All the Light We Cannot See".

By Anthony Doerr

WINNER OF THE PULITZER PRIZE

From the highly acclaimed, multiple award-winning Anthony Doerr, the beautiful, stunningly ambitious instant *New York Times* bestseller about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.



The book club meets on the third Thursday of every month. Each person in the group gets to select a book to read.

You are responsible for picking up your own copy.

You do not need to register for this activity.

Up Coming Trips

Maine's Kittery Outlets

Outlet Shopping at it's best at Maine's Kittery Outlets,
Wednesday, May 11th.

The Kittery Outlets have more than 120 famous name outlet stores and is one of the largest shopping destinations in New England.

Included in this package is a coupon book with over 75 participating stores with discounts, a map of the outlets, and round trip motor coach transportation.

Depart: **8:00am** - Green Circle Commuter Lot

Return: Approximately 6:30pm



Cancellation Policy

If a person cancels a trip for any reason, NO refunds will be given unless we are able to fill your spot on the trip.

We will call our wait list, if any, and make every effort to fill your spot in order to issue a refund.



Discover Woodstock

We will be going to Woodstock, VT. on **Thursday, June 9th.** We will go to the Billings Farm, the Rockefeller Mansion and Bentley's Restaurant.

Woodstock has been described by the *Ladies Home Journal Magazine* as "The prettiest small town in America." You will see firsthand what Vermont life was like a century ago, at the Billings Farm.

For lunch we will go to Bentley's Restaurant, where you can select from three choices.

To finish our trip we will enjoy a tour at the Marsh-Billings Rockefeller Mansion.

Cost: \$117.

We will depart from the **Vernon Green Circle Commuter Lot at 6:45am** and return approximately 7:15pm.

Please call to register.

Last day to sign-up is May 6th.

Long Island Sound - Lights and Sights Cruise

We will be taking a two hour narrated tour, on a Sea Jet Catamaran, to view, from your seat, 8 lighthouses, a fort, a castle, and much more.

We will be eating an early bird dinner at **Go Fish.** You can choose **one** of the following entrees: Baked Atlantic Cod with Lemon-Herbed Butter, or Grilled Fillet of Salmon with fresh Pineapple Salsa, or Pan Roasted Breast of Chicken with Mushroom-Marsala Pan Sauce. All entrees come with Field Greens Salad with Balsamic Vinaigrette Dressing, Coffee, Tea, and Dessert.

After dinner, spend some free-time in **Mystic Village.** This Trip requires some walking.

Date: Thursday, July 14th

Depart: 10:45am from the Vernon Green Circle Commuter Lot

Return: 7:45pm (estimated)

Cost: \$95 per person Please call to register. Last day to sign-up is June 10th.

Upcoming Presentations

Protecting Your Assets

Protecting Your Assets from Nursing Home and Home Care Expenses—With or without 5 year Planning

Presented by Bill McCloskey of Stateline Senior Services.

Bill will discuss planning concepts to protect assets for your spouse without a 5 year waiting period.

He will also share concepts to protect assets for children and grandchildren.

Bill has been serving the senior population in our area for over 32 years and is looking forward to sharing these ideas with our seniors.

Thursday, April 7th at 1:00pm.

This presentation is free.

Please call to register

Understanding Memory Loss

Join us to learn about the most common forms of dementia and effective interventions.

*What is normal behavior...When to Worry

*10 Warning signs of Alzheimer's

*What you need to know if you have some one that has a neuro-cognitive disorder

*Your role as caregiver

Guest speaker: **Suzanne Sorensen** from Brookdale Buckingham

Thursday, April 21st from 1:00-2:00pm

This presentation is free.

Please call to register.

Helping Seniors in the Community

Monday, May 16th at 10:00am, Attorney Marilyn Denny of the Greater Hartford Legal Aid will be doing a presentation on "Helping Seniors in the Community and Advanced Directives".

This discussion will include the Connecticut Home Care Program for Elders, Money Follows the Person and Personal Care Assistant programs that are available in Connecticut. She will also explain Health Care Instructions and Powers of Attorney.

This presentation is free.

Please to register.

Special Events & Services

Stroke Awareness

On **Thursday, May 19th at 1:00pm**, Andrea Maningas, RN, BSN, of Visiting Nurse & Health Service of CT, will give a presentation about stroke awareness.

Topics will include risk factors for stroke, signs and symptoms, types of strokes, and the rehabilitation process.

This presentation is free.

Please call to register.

Help Needed

Volunteers are needed at the Pitkat Congregate for lunch service. The volunteers will help with the distribution of lunches to the residents of the Pitkat Congregate. Volunteers are needed daily, around 11:00am-1:00pm. Please call Judy or Mary at 860-875-9244, if interested.

The Bee Happy Luncheon

Come celebrate Spring with us at the Bee Happy Luncheon, **Wednesday, May 4th at 12:30pm.**

Maneeley's is catering our event! We are having Chicken Supreme or Brown Sugar and Glazed Ham, Garlic Mashed Potatoes, Spring Cut Vegetables, Salad, Dinner Rolls and Butter, and Dessert.

William Keeney, "The Silver Wolf" will be our entertainment. He specializes in country songs and oldies.

Cost: \$13.00 per person

Please call to register.



Birthday Celebration



The Center will be celebrating April, May, and June Birthdays on **Monday, June 13th at 2:00pm.**

We will be serving Birthday Cake and honoring those seniors who have birthdays in the months of April, May, and June. Even if you don't have a birthday, but would like to honor your fellow seniors, please do not hesitate to join us.

Please call the Center to sign up.

Special Events & Services

Looking For Recipes

Pasta Recipes



Calling all cooks!

We are looking for your **favorite recipes**. We will choose one to two recipes submitted to put in the monthly newsletter.

If we receive enough recipes throughout this year we might make our own cookbook.

We are looking for recipes for **pasta dishes** to put in the May newsletter.

Please give the recipes to Sue or Sela and remember to put your name on it.

AARP Tax Preparation

The AARP volunteers are now at the Center to prepare income tax returns. Appointments can be made on Mondays and Wednesdays only.

They are here to help low to moderate income taxpayers, especially those 60 and older.

You must have an appointment. There will be **no walk-ins**.

Please call 860-870-3680, between 10:00am and 1:00pm to set up your appointment.



Newcomers

Join us for the **next** Newcomers on **Tuesday, May 31 at 1:30** when the Senior Center hosts a tour of the Center for the new seniors.

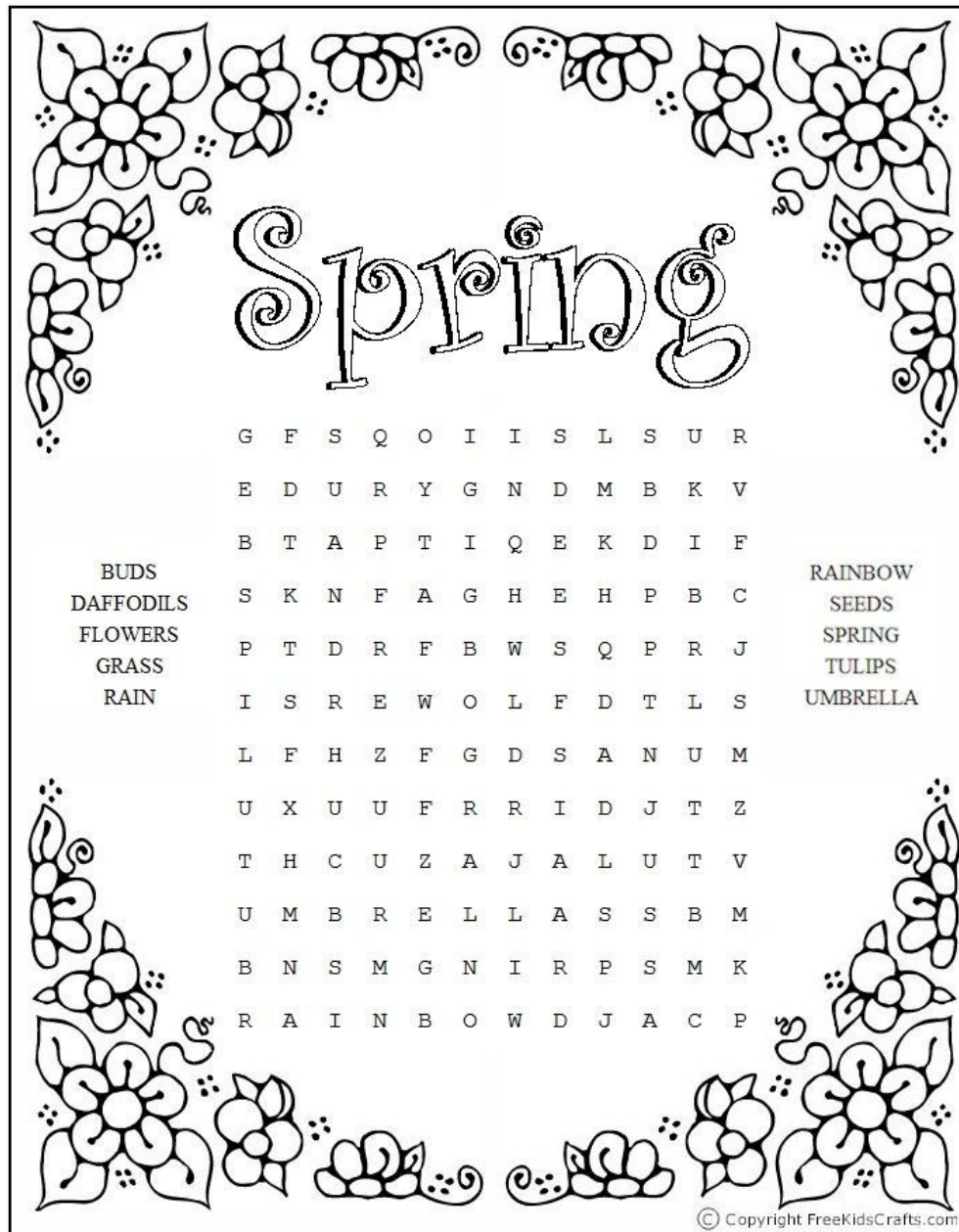
Come in and learn about the programs and activities that are available. Our goal is to offer a wide variety of programs and activities that would be of interest to all seniors.

The Center is always open to suggestions and is willing to try new endeavors to meet the needs of our seniors.

Please note it costs **\$2.00** (Vernon residents only) to join the Center.



Spring Puzzle



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April Casserole Recipes

BBJ's Chicken Casserole

By John Konicki

Serves 6

Ingredients:

2 Chicken Breasts Cubed

1 Can Mixed Vegetables

2 Cups Cooked Rice

1 Cup Grated Cheese (any)

1 Can Cream of Chicken Soup

1/4 Cup Bacon Bits (optional)

Cook Rice according to directions. Combine with chicken, soup, vegetables and cheese. Heat on 350 degrees for 45 minutes. Top with bacon bits. Enjoy!

Summer Squash Casserole

Serves : 6-8

Ingredients:

2 Pounds yellow summer squash (6 cups)

1 Cup carrots, shredded

1/4 Cup onions, chopped

1 (8 ounce) package of herb stuffing mix

1 Can cream of chicken soup

1/2 Cup butter or margarine, melted

1 Cup sour cream

Directions:

In a sauce pan, cook sliced squash and onions in boiling, salted water for 5 minutes. Drain and put aside.

In a large bowl, combine cream of chicken soup and sour cream. Stir in shredded carrots. Fold in drained squash and onions.

In another bowl, combine stuffing mix and butter/margarine.

Spread half of the stuffing mix on the bottom of a 12 x 7 1/2 x 2-inch baking dish. Now, pour squash mixture over stuffing. Sprinkle remaining stuffing over the vegetables and bake at 350 degrees for 25 to 30 minutes.

Brain Teaser Solutions:

A. One step forward, two steps back

B. Weigh over priced

C. Side by side

Just a Reminder...

Senior Center Hours
are
Monday - Friday
9:00am - 3:00pm.

Join us at the Senior
Center for a fun day!

April's Birthdays !

Happy Birthday:

April 7th	Mary Oliver Jean Paulin
April 11th	Ana Dinah Sierra
April 15th	Ed Talbot
April 17th	Ed Slattery
April 25th	Sally Geer
April 29th	Jan Glenister
April 30th	Sandy Spivey

Anniversaries:

April 14th	Bill and Jean Paulin
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happy anniversary

**HAPPY
BIRTHDAY!**

**Note: If you would like
your birthday/anniversary
in the Newsletter, please
inform the Senior Center
Staff.**

VERNON SENIOR CENTER

26 Park Place

Phone: (860) 870-3680

Fax: (860) 870-3588

Email: ssaunders@vernon-ct.gov

Website: www.vernon-ct.gov

Hours
Monday—Friday
9:00am—3:00pm

The Vernon Senior Center is committed to assisting Vernon seniors by providing programs that meet their needs and address their concerns.

Our staff includes:

Sela Saunders, Interim Director

Susan Ward, Senior Program Coordinator

Vernon Senior Center
26 Park Place
Vernon, CT 06066

To: